



## thinking outside the bin

creative ways to reimagine your recycling area

by Lisa Carlson

**RECYCLING IS CERTAINLY GREAT FOR THE PLANET** — but why it is not, then, something that everyone can be a little on your living space. How to save the planet? There are some ways to think outside the bin as you can collect with your paper, plastic and aluminum recycling day.

### ban the boring bins

If you have the space — maybe in a closet, basement or garage — make four plastic storage containers with lids of different colors and dedicate one to each kind of material you recycle. There are available containers made for this purpose, so just cut a productive hole in the lids of regular containers so you can use the recycling in without searching them

each time you use one — but not so big that items spill out.

### bag the plastic bags

We all have baggage issues — in particular, plastic ones. Those shopping bags can be handy for one like having small necessities but they do multiply. The solution? A bag for

bags. Folded bag holders, which you can find online or make yourself, are handy space-savers that can hold dozens of plastic bags. Hang one on a hook in the back of a closet to keep it out of sight. When it gets full, bring it to the store with your next recycling bags — or use it to store those recycling bins for plastic shopping bags.



### ASK THE PHARMACIST

When you have it easier to get things, it's easier to get it.

As a pharmacist, I know a lot about health care, so I keep a lot of health and fitness products in my store. I know a lot about health care, so I keep a lot of health and fitness products in my store. I know a lot about health care, so I keep a lot of health and fitness products in my store.

— Peter Caputo, R.Ph., Pharmacist, in our Finding H2O, store.

## Q&A

**Bob Haskins**

BUTCHER, FINE DRESS, NO.

[illegible]

**Table 1**

**Keywords:** child sexual abuse; disclosure; disclosure strategies; disclosure barriers

I know a lot of people in the New York area that run their business for around 25 years. Because I have that kind of experience, I can express it – that's the reason I did.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Most people here I know have made most of their money since they got through off and have nothing showing or something going on. That is where my knowledge comes in to help them. Nobody knows they've got a 401(k) and it isn't for one thing, and I can't control what they do. Well, you're kidding.

**What are the key characteristics of the population that are best for the 100-point assessment, outside the country?**

[illegible]

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When I started a band was that I knew girls that everyone didn't get. I got up being a very good, intelligent, and smart. One people really like and a national ability. I was that with everyone.



## radicchio

With its deep magenta leaves and bright white ribs, radicchio adds a vibrant burst of color to green salads. Along with a mildly bitter taste and appealing crunch, radicchio offers many nutritional benefits. Its rich red color is a sign that it contains many phytonutrients, which help reduce cholesterol and regulate blood pressure. Available year-round, radicchio is also high in antioxidants and fiber and contains a variety of vitamins and minerals. Look for firm, unblemished leaves and vibrant color, which ranges from a dark red to purple with pale white ribs. Try our recipe for Radicchio Soup with Deviled Eggs listed at [hannaford.com](http://hannaford.com).

— Caitlyn Buehler



PHOTO: HANNAFORD AND OTHER FOOD STYLING: JESSICA WILSON

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## community connections

meet the winners of our 2013  
"Design a Reusable Bag Contest"

**INSPIRED BY A THEME OF "energy conservation,"** hundreds of children entered our 2013 Design a Reusable Bag Contest. The young artists, ages 7 to 15, chose colors and created beautiful and clever designs of Earth Day and showed amazing creativity.

The winning design by Alyssa Lindheimer of New York, appears on the front of this year's bag. Enriching the other side are colorful creations by 1144 four runners-up: Dakota from Maine, Patrick from Texas, Marissa from Ohio, Deanna from New Hampshire, and Julia Ann from Vermont.

The artists will be showing special bag display events in their local stores in April. In addition to having their designs displayed on the Earth Day reusable bag, each winner receives a \$500 Hannaford Gift Card (open for these special bags) and the announcement of the 2014 contest theme—in April.



Find out which the winners of our 2013 contest! Visit [www.hannaford.com](http://www.hannaford.com).



## spring cleaning

the 2013 laundry goals

—LISA TOSTA

Are they really as good as parents and faculty? We certainly parents to test four laundry products and come clean on how well they perform.

### Hannaford Brand Home 2407 Regular Scent

RACHAEL, WALLINGBORO  
Astoria, ME

Hannaford Brand Home 2407 was my favorite scent of all the products. My teenagers always prefer this brand over what we currently use. I was impressed by how white the whites turned out when using this.



### Two Pods Spring Meadow

ERIN COOK  
Sackett Harbor, NY

This brand has a pleasant and strong scent. It actually brightened the whites, and didn't irritate my skin. The clothes were soft and had a fresh scent. I would definitely purchase these again.



### Pods UltraPods Mountain Breeze

TERESA WARD  
Rockport, Maine

I think these pods worked the best on my whites and my odors. I have some laundry that works extra well now. They smelled brighter and less greasy after using the Pods. I would definitely purchase these for the strong power.



### All Mighty Force Original Scent

LISA TOSTA  
North Berwick, Maine

I used this on whites and they came out very, very clean and bright. I also like the idea that the All Mighty Force are all natural and free of dyes and perfume—that would put me to bed. Love and cherish this one another brand.



## the whole story on whole grains

find out how versatile, delicious — and easy — grains can be  
by Mark Herman RD, LD



**MOST PEOPLE KNOW** that whole grains are healthier than processed grains. But how exactly are they better nutritionally? And how can you fit more of them into your meal plan and lifestyle?

### THE REAL DEAL

Every grain starts out as a whole grain with its outer bran layer, its endosperm, and the inner germ. The germ is the part that contains a lot of B vitamins, along with some protein, minerals and healthy fats. When grains are refined or processed, all that's left is the starchy endosperm, and many of its nutrients are lost.

It's important to know that "wheat" is not the same as "whole wheat." All the original grain — the bran, the endosperm and the germ — have to be there for a product to qualify as a whole grain. So even if a label says "100 percent wheat" or "wholegrain," it could be refined. To be certain, look for the Whole Grain Stamp from the Whole Grain Council.

Whole grains are fiber rich and produce a slower and more sustainable rise in blood glucose than processed grains. They also have antioxidants, B vitamins, minerals, magnesium, and iron. So if you're managing your blood sugar or weight maintenance — or both — whole grains are really your ally.

Whole grains are a big category with some surprises — like popcorn. A lot of people don't realize the popcorn is a whole grain. Rice included in old-fashioned rice crackers also helps our metabolism. And then there's gluten-free grains, usually a blur, and quinoa, which due to its popularity has a grain status usually reserved for whole grains.

### WHOLE GRAINS MADE EASY

Whole grains can be as easy as you make them. Try preparing them with a flavorful vegetable, chicken, or beef broth, enhanced with herbs and spices.

At the moment we have recipe inspiration and cooking tips for incorporating whole grains into your meals — just with you in mind. Registered Dietitians at [eatwholegrains.com](http://eatwholegrains.com)

Mark Herman, RD, LD, is a Registered Dietitian in our Alexandria-based Portsmouth and Dover NH offices.



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**NOTE:** Check with your local newspaper for the latest information on the 24/7/365 Smart service.





## composting made easy

how to turn your household waste into backyard gold

by Kate Gelpi Deane

**REUSING, RECYCLING, REPURPOSING** — it's become a way of life for more of us: Sorting paper from plastic is second nature, and when we find another use for the old lamp, we think of it as expensive. So why stop there? Composting (recycling organic materials back into the soil) is a good not only for the environment, but your wallet as well. And best of all — it's easy.

### COMPOSTING WHATS AND HOWS

Composting food scraps and yard waste keeps them out of landfills and lowers your carbon footprint, and as a bonus, improves the soil in your yard and saves you from spending money on fertilizers. Setting up a compost pile outdoors is easy and requires only a few supplies.

- Find a level spot in your yard, about 3- to 5-feet square, preferably near a water source and out of direct sunlight.
- Clear away soil and grass.
- Give your pile structure by using chicken wire, or nailing scrap wood together to create a frame. (It's build

an indoor compost bin, see sidebar on the right.)

- Start your pile with a 4-inch layer of brown, yard manure, and loose soil.
- If the weather is dry, sprinkle water on the pile, but be careful not to make it soggy.
- Use a pitchfork to turn the pile every few weeks to help circulate the air.
- Don't panic if you see worms — they're usually helping with the composting process.

### ADDING TO THE MIX

Think of your compost pile as a layer cake, with a "brown" material layer alternating with a "green" material layer. Green leaves, grass, and yard clippings (avoided grass material can be added to the compost pile, as can items such as fireplace ashes, discarded newspapers, and weed and cotton rag (avoided brown material).

While there is six months of waiting your pile, the compost should become dark and crumbly and easy to use.

### DIY indoor compost bin

Take your plants a step further and build your own indoor compost bin with these tips from the EPA.

- Use a plastic garbage can and drill holes in the bottom and sides.
- Find a larger garbage bin and place a brick in the bottom of the bin. Surround the brick with a layer of newspaper or soil. Place the smaller plastic garbage can inside and on top of the brick.
- Keep the outside bin warm by wrapping it with insulation. Then cover the bin with a lid.

### the non-

#### compost

If your pile starts to drive you crazy, there's a reason: Some things just don't belong. Different materials can mean different things. A single eggshell indicates that there might not be enough air. Simply turn the pile with a pitchfork to circulate it. An unrotted small branch (or small twigs, and even coats from material) should be added.





# lightened biryani

substituting cauliflower for rice adds nutrients

by Elinor Strand

Many Indian dishes can be as heavy as they are delicious. Biryani (Indian rice pottage) is no exception. While based with vegetables, many use light white basmati rice as the cooking ingredient, and generous amounts of ghee (clarified butter) or oil coats the protein and veggies.

We turned tradition upside-down with a no-leaver version that replaces basmati rice with cauliflower "rice" while keeping all the flavor. This recipe lets you save big on carbs and calories — one cup basmati needs 200 calories + a cup of cauliflower's 30 — while adding in extra servings of vegetables in an already veggie-packed dish. Roasting the shredded cauliflower crisps it so give it a more rice-like texture and brings out its natural, nutty flavor, complemented with cumin. Recipe may be halved and dish may be frozen.

## VEGETABLE BIRYANI

SERVES 4 (OR 6, IF YOU WANT MORE RICE). PREP: 30 MINUTES

vegetable cooking spray	1 cup vegetable broth
1 large head cauliflower or 2 heads	1 cup green beans cut into 1-inch pieces
2 Tbsp. vegetable oil	½ cup raisins
1 small onion, finely chopped	½ cup frozen peas
1 jalapeño chili pepper, deseeded, seeded, and sliced	½ cup fresh cilantro
½ cup lentils	½ cup salsa or dry-roasted cauliflower
1 Tbsp. minced fresh ginger	2½ tsp. cumin (for garnish)
1 Tbsp. cumin powder	lime wedges (for garnish)
1 tsp. garlic powder	
2 medium carrots, quartered lengthwise and sliced ½ inch	

- Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray.
- Break cauliflower into florets and add to a food processor. Pulse until finely minced (about the size of a grain of rice). Measure — you should have 7 to 8 cups. Alternately, finely grate the cauliflower using a box grater.
- Spread cauliflower "rice" on prepared pan; spray with vegetable cooking spray and bake for 10 minutes. Stir well, then continue cooking until slightly browned, about 12 to 15 minutes longer.
- While the cauliflower is roasting, heat oil in large pot over



medium-high heat. Add onions, jalapeño, and salt and cook for 5 minutes, stirring occasionally.

- Add ginger, curry powder, and cumin seeds; cook 1 minute. Add carrots and lentils and bring to a boil. Cover and simmer until carrots are tender, about 10 minutes. Add green beans, raisins, and peas and cook 5 minutes, uncovered, stirring occasionally.
- Add roasted cauliflower rice and cilantro and stir well. Cook until heated through, 1 to 2 minutes. Then transfer to a serving bowl. Sprinkle with cumin. If desired, garnish with cilantro sprigs and serve with lime wedges on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (PER CUP): 260 CALORIES, 16g PROTEIN, 1.6g FAT (1/2 tsp. COINTEGRATION OIL), 40g CARBOHYDRATE, 10g FIBER.



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## ask the healthy cook navigating nutritional labels

Q&A with Hilary White, RD, MS



**Hilary White** makes it her job to help you and your family eat healthier, whether she's offering dinner

instructions at the store, leading sessions at seminars, or quizzing friends' kitchen groups. She asked her five home-care workers for their top-rated, useful tips about choosing healthier ingredients.

**If I want to make healthier choices, what's the first thing I should be doing?**  
Whenever you're shopping—and not just that!—by looking for the Guiding Stars® symbol when you shop. This nutrition

On the label of the product, you may see terms like "natural" or "whole." This isn't a hint that the product is healthy, but

navigating system was developed with a reliable, voluntary label. One star means good nutritional value; two stars is better, and three stars represents the best nutritional value. Nearly everything in our stores—except water, alcoholic beverages, coffee, tea, and

snacks—has been rated. Another important step you can take is to read the back of the product label. On the back of the product—yes, you may see terms like "natural" or "whole!"—it's not bad, but they really don't tell the whole story. So the next time when you'll find the facts.

**But doesn't a label that says "natural" or "whole" mean that it's really more healthy?**

The product wouldn't contain relatively high levels of that particular component, otherwise, don't know until you read the label. And the second trade-off when you're shopping. A product may be sugar-free, but how much artificial sweetener do you want in your diet?

**So what do terms like "low sodium" and "low sodium" actually mean?**

There's some fine print about sodium and low sodium. There can be significant differences in sodium levels between "low sodium" and "reduced sodium." Here's a quick guide: A low-sodium label means the product has 30 mg or less sodium per serving. Reduced means it has 2 mg or less sodium per serving, and it's good to know

sodium is per serving. To check, either eat a food or have someone else do it. (A 1/2 cup of water is 1/2 cup of water.) A 1/2 cup of water is 1/2 cup of water, and so on. For the first time, the first time, or the first time, or the first time, or the first time.

question: If you're watching salt, look for low sodium labels, which indicate 140 mg or less per serving.

Hilary White, RD, MS, is a Registered Dietitian in our Cleveland and Lorain stores.



## meet the produce superstars: radishes

**PART OF THE HEALTHY CRUCIFEROUS VEGETABLE FAMILY,** peppery radishes are often enjoyed in salads and soups as garnishes and colorful additions to veggie platters. They're high in fiber and low in sodium. For a quick snack, pop one radish down between a halved cucumber spread with creamy goat cheese. For ideas on incorporating radishes into your diet, check out our Super Soup for Fall with Mass Dressing, Grilled and Spiced Spinach and Crab Cakes. [Visit page 58](#) — Devin Norwood



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# A Passover Seder

Mark the holiday  
with a memorable meal

BY LAURIE WOLF     PHOTOGRAPHS BY GEORGE BOWENSON

**P**esach, pronounced pay-sakh and called Passover in English, is a celebration of freedom. Beginning with a special feast called a seder, which means "order," Passover commemorates the escape of the ancient Israelites from slavery in Egypt. The meal includes a ritual observance, explained in a book—the Haggadah—that outlines the order of the prayers, songs, and readings.

Observing Passover involves certain dietary restrictions. Several grains, including wheat, rye, and barley are forbidden—except in the form of the unleavened bread called matzo. This (and no matzo) is the burned dough set from Egypt, when there was no time to let bread rise. Some people also see the unleavened bread as a symbolic removal of “puffiness” (arrogance, pride) from one’s heart. Other forbidden foods include spicy and sour, as well as corn, rice, millet, legumes, and certain spicy fish-carnes. Traditional Jewish dietary laws also apply, including pork, shellfish and fishes combining meat and milk.

Our most moral celebration opening, while adhering to the Pantheon dietary laws. Science+Chocolate takes on a tasty start, and ends with a little fun in both Sweet and Savory Real Estate and a side of Pan-Braised Asparagus. End the meal with Toasted Pomegranate Chocolate Cakes, a moist flourless chocolate cake that's rich with toasted pecans. To a accompanying can be served as a garnish, or on its own.

### SWEET AND SAVORY BEEF BISQUET

ACTING CHIEF OF BUREAU  
FEDERAL BUREAU OF INVESTIGATION

This holiday is even longer the next day, when the meat slowly melts from the roasts. Roasts may be boiled and left over for dinner.

- 8 lbs. lean beef brisket
  - 1/2 cup salt
  - 1/2 tsp. freshly ground black pepper
  - 3 Tbsp. olive oil
  - 3 cornstarch, cut into 1/2-inch pieces
  - 2 lbs. baby white and light green parboiled sweet potatoes, peeled lengthwise and cut into 1/2-inch slices
  - 2 1/2 cups garlic, finely sliced
  - 1 cup local bread
  - 1 cup dry red wine
  - 1 cup dried arancini
  - 1 cup dried prunes
- active roles for parishioners

**BUSINESS**

The dietary restrictions of Passover may include things like: no leaven, no dairy, but there are many other rules common for holiday observance.

- **Savory Maple Miso** A rich miso paste fills a nice piece of fish with olive oil, salt, pepper, and dried herbs and bakes until tender and fragrant.
- **Cinnamon Maple Bruschetta** Toasted tart pieces of maize with olive oil or melted butter, almonds, sugar, and cinnamon and bake until toasted.
- **Chocolate Almond Delight** For a simple sweet snack, a slice of bread, a slice of melted dark chocolate on surface, almonds and a little sliced almonds, toasted on grill on top.
- **Rice Cakes** You chopped kale leaves with olive oil, salt, and pepper and bake until crisp.
- **Baked Potato Skins** Use baked sweet potatoes with coconut oil, salt, ginger and cayenne. Bake until browned. Serve with hot buttery sauce.



1. Preheat oven to 300°F. In a heated deep skillet with oil and pepper, in a large Dutch oven, or even a shallow pot, heat oil over high heat. Sear the meat on all sides (about 7 minutes per side), then transfer to a plate. 2. Lower heat to medium and add carrots, leeks, and garlic to the pan and cook until slightly softened, about 8 to 10 minutes, stirring occasionally. 3. Return meat to the pan. Add broth and wine, cover, and braise for 1½ hours. Add apricots and prunes, cover, and return to oven to cook until broth is very tender (the carrots in the stew should spread apart slightly when pierced, without actually breaking apart), about 1 to 1½ hours more.

1. **Introduction**

8. While broken pasta, place pot with the greens on the stove and heat over medium-high heat to reduce juices by about half, about 15 to 18 minutes.
9. Can broiler steamer alone (about 15 each stick) against the grain just before serving, place broken steers in pan with reduced juices and heat on a low medium to warm through.
10. To serve, transfer meat and sauce to a serving platter. Garnish with parsley sprigs if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
AND CALORIES, TWO-CRACK-SPREADS TWO PORTIONS  
EACH (20 CALORIES) 100MG-CHOLESTEROL,  
100MG SODIUM, 20G FIBER.



### ANALYSIS OF THE LITERATURE

Included in it: bones for gelatin, fat for tenderness, tenderness for a wonderful gelatin and slow cooking in liquid to a tender result. (except if in some form - it will be delicious with everything soft and pepper - and put it in a pot with your favorite vegetables and some liquid, which could be any combination of water, stock, or wine). Then just pop it in the oven and roast it slowly. I have it served better than any pop I've ever done but perhaps: whatever method you use, a tender, tender result is sure to be the best.

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Recipe by: **Angela L. Rubeo**

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#### SERVES 10

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 2 HOURS, 15 MINUTES (including  
cooling time)

Here's proof that Passover desserts can be worth waiting for. Courtesy is popular here! Making cake actually can be easier for Passover, and so goes a little bit to the delicious cake. Tossing the pecans gives a crustal-like flavor, but if you're pressed for time, you can otherwise skip step. Cake may be frozen.

2½ cups pecans, divided

1 cup sugar (divided)

1 cup water at room temperature

1 Tbsp. unsaturated extra virgin olive oil

1 cup boiling water

2 tsp. vanilla extract

1 tsp. baking soda

1 tsp. salt

1 cup oil

1 egg

1. Preheat oven to 325°F. Line a steamed baking dish with parchment paper and lightly grease with olive oil. Scatter pecans on pan and bake until fragrant and toasted, about 8 to 10 minutes. Remove from oven and transfer to a plate to cool. Keep ground pecannuts in the baking pan, and keep warm on. Remove ½ cup of the pecans, roughly chop, and set aside.

2. Prepare the pecan crumb. In a medium saucepan combine 1 cup of the sugar with the water, bring to a boil, and bring to a simmer over medium-high heat and watch carefully. After about 15 to 18 minutes, the sugar will start to caramelize. When it turns a deep amber color, immediately add the reserved chopped pecans. Stir until both heat and till you see dust of the pecans are mixed, then set on low, mix carefully and cover the sugar. Put a measure into the parchment-lined baking pan. Tilt the pan so the mixture spreads in a thin layer. If needed

use a metal spoon dipped in hot water to distribute the mix evenly. Let cool completely about 1 hour. Then break into bite size pieces. May be prepared a day in advance and stored in an airtight container to room temperature.

3. While pecan crumb cools, prepare the cake. Grease a 9 inch spring-form pan with a little olive oil and line the bottom with parchment paper.

4. In a medium bowl, combine 1 Tbsp. of the sugar and the boiling water and whisk until smooth. Set to cool and set aside to cool slightly.

5. Begin mixing. Fit cups pecans in a food processor. Add remaining 1 Tbsp. sugar, baking soda, and salt. Pulse until finely ground.

6. In a large bowl, combine remaining 1 cup sugar, oil, and egg. Using an

electric mixer on medium-high speed, beat until light and thickened, about 3 minutes.

7. Reduce speed to low and gradually pour in the cocoa mixture, beating until incorporated.

8. Scrape down the sides and gently mix in the ground pecan mixture. Pour batter into prepared pan. Bake until surface is set but still slightly wet in the center, about 40 to 45 minutes.

9. Let cake cool completely on a wire rack. Remove pecan sides, line brown cake on parchment paper and bottom of the pan. Garnish cake with pecan crumb.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
400 CALORIES, 15% CARBOHYDRATE, 10% PROTEIN,  
60% FAT (1% SATURATED), 10% FIBER, 10% SUGAR,  
10% SODIUM, 10% FIBER



Photo by: **Angela L. Rubeo**  
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*Celebrate with a  
Greek-Inspired Easter*

# OPA!

BY ANDREA LYNN

PHOTOGRAPHS BY SCOTT DORRANCE

**BREAK OUT THE FIREWORKS** — Greek Easter is celebrated with *hagelia*! Most preparations are in the weeks days before the Greek Orthodox observance of Easter, which usually falls on a different Sunday from the one Easter is celebrated in churches that follow the Western (Gregorian) calendar. Homes are filled with *tsoureka*, a sweet, braided yeast bread, and eggs are dyed bright red as a vibrant representation of life.





little ingredients  
THAT GO A LONG WAY



sunflower seeds



quinoa



black beans



Let POSITIVE™

Kashi  
NATURAL WHOLE GRAIN POWER





# LEMON-OREGANO ROASTED POTATOES

**SERVES 4**  
**ACTIVE TIME** 15 minutes  
**TOTAL TIME** 45 minutes to 1 hour

Fresh oregano has a slightly floral, citrusy taste that, when combined with lemon zest, gives these roasted potatoes lots of flavor.

1. Preheat oven to 400°F. Spray 2 baking sheets with vegetable cooking spray.
2. Place the potatoes in a bowl or on a paper towel, and pat them dry.
3. Add the oil, salt, and pepper, and toss to coat.
4. Spread the potatoes out on the baking sheets in a single layer.
5. Bake for 20 to 25 minutes, until the potatoes are golden and crispy.
6. Sprinkle with the lemon juice and oregano, and serve.

how all the pieces are equal in size. Add potatoes to a large bowl and toss with oil, salt, and pepper, making sure all potatoes are coated.

3. Place each potato cut-side down on the baking sheet in a single layer. Cook 15 minutes. Rotate pan and cook until tender about another 15 minutes. Potatoes should be

crispy and golden. Transfer to a serving bowl. Add lemon juice and oregano and toss to distribute. Serve warm.

**ADDITIONAL INFORMATION:** While potatoes are cooking, you can make a simple lemon oregano dressing by combining 1/4 cup olive oil, 1/4 cup lemon juice, 1/2 teaspoon salt, and 1/2 teaspoon oregano. Drizzle over the potatoes when you serve them.

## LEMON-OREGANO CRISPY POTATOES

- Make sure the potatoes are completely dry, patting them with a paper towel, if necessary. One way to crisp potatoes is to coat them in oil. The oil will help to crisp the potatoes if they are still wet.
- As in the recipe for Lemon Oregano Roasted Potatoes, when using potatoes like fingerlings, make sure to place cut sides down on the baking sheet for maximum crispness. It's fine to use cut sides up.
- Once the potatoes are golden and crispy, transfer them to a bowl. Toss them with the lemon juice and oregano. If they are too dry, you can add a little oil to the bowl.
- After removing potatoes from the oven, you can cover with a lid or a paper towel to keep them warm. This will help keep them in the bowl, making the potatoes crispier.





## Food and health

Flavoured lamb is a source of vitamins and minerals. Including lean and skin, it is a source of cholesterol protein (5 percent of the daily value for the mineral zinc) important to the immune system, and about a third of the daily value for vitamin B12, which helps keep fat stores and nervous system healthy. It also provides a store of other B vitamins, which help the body store stress and buffer carbohydrate. Yes, lamb is a red meat, but like most red meats it has become much leaner in recent years.

*spring of lamb for guests*  
serves 12

*ingredients for lamb chops (serves 12)*

1. Add garlic, onion, rosemary and salt to a food processor. Pulse until chunky. Add oil through the feeder tube and continue to process until mixture is pulsed.
2. Place lamb on a cutting board. Roll to one-third of the way down, use the point and cut off any portion. Spread rose mixture over the surface of the lamb. Roll up the lamb lengthwise and use butcher's twine to tie it every 1 to 2 inches to hold it together. Place in a resealable plastic bag and refrigerate for at least 2 hours and up to 24 hours.
3. Remove from fridge 30 minutes prior to cooking. Preheat oven to 400°F. Season lamb with pepper and place in a roasting pan. Cook 30 minutes then lower heat to 325°F and cook until an instant-read thermometer reads 125°F for medium rare (about 10 to 30 minutes). Check a couple more of the lamb's sides and they register the same temperature.
4. Remove lamb from oven and let rest 15 minutes. Place on a serving board, cut across of the lamb and cut into lamb cut 1/2-inch slices. Place slices on a serving platter garnished with sprigs of rose and lemon slices if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 260 CALORIES, 20 CARBOHYDRATES, 50g PROTEIN, 10g FAT, 10g CHOLESTEROL, 100mg SODIUM, 100mg POTASSIUM, 10g FIBER.



## Just What You Need

**Ground Beef**  
a delicious and easy-to-prepare  
leg of lamb

There really is no better meat in the world. And lamb is no exception. It's not only a delicious meat, but it's also a healthy one. It's packed with protein, iron, and B vitamins. It's also a great source of zinc, which is important for your immune system. And it's also a great source of potassium, which is important for your heart. So, if you're looking for a healthy and delicious meat, lamb is the way to go. It's a meat that's as good for you as it is for your taste buds.

## ROSEMARY-LENT BEANFEST

### LEG OF LAMB

#### SERVES 8

4 (1/2) lb. (2) 1/2 lb. (2) 1/2 lb.

TOTAL TIME: 2 HOURS 45 MINUTES (YOUR HOUR INCLUDING WARMING TIME)

The weight of a leg of lamb will vary, but usually a half leg is around 4 pounds and a full one is 7 to 8 pounds. Our butcher can deliver and butcher the leg for you.

Make the lent bean butter to hold the leg in place as it cooks.

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**SALAD FORBIDDEN**  
**(ORANGE CUSTARD SQUARE)**  
**WITH FRESH STAMBOURY SAUCE**  
 10/10/10

[illegible][illegible]

The true Greek way to make this dessert is to drizzle the top of the cooled squares with simple syrup. But, a delicious and healthier recipe is a topping of orange, enhanced dried cranberries. These squares can best served within two days.

4. egg-pole
5. cut grass 2 days, sugar, distill
6. tea, methicillin(?)
7. tea, distilled orange and
8. egg strings (juice, distill)
9. eggs (24 each)
10. cut hair or medicine-herbs combined
11. old salt, pig, piglets, poultry, poultry, flowers
12. egg, medicinal, butter, melted
13. the distillation

1. In a medium bowl, whisk together egg yolk, ½ cup of the sugar, vanilla, orange oil, and ½ cup of the orange juice. In a bowl, 2. In a large saucepan, bring milk to a simmer over a medium-high heat. Reduce to medium and add in the germinal. Cook until mixture has thickened, about 4 to 5 minutes. Remove from heat. Whisk ½ cup of the milk mixture into the egg mixture; then, then whisk in remainder ½ cup until smooth. Gradually add the egg mixture to the milk mixture in the pan, whisking constantly. If mixture is thick, have over low heat, stirring constantly, until thickened slightly. Remove from heat and set aside.
3. Preheat oven to 325°F. Spray a 9-by-11-inch pan with vegetable cooking spray.
4. Unroll phyllo. Keep unused portions covered with a damp cloth. Place half the cheese in the pan; use short 1-inch long, longer edges run against the side of the pan. Brush top of each sheet lightly with melted butter (butter adding more flavor on top). Do not brush butter on the last sheet.



DETAILED TEST WITH OLIGO

The national staple, *Arroz con Gusanos* (in many, an intensely spicy-forward stew) uses brown sugar (like browned, served straight it is identical and has no water and it turns a sticky solid). It's traditionally served on a plate with vegetables, but it also works well in the bowl with meat and beans.

- 2 Peel the innermost crustant over the phyllo, using a spoon to smooth out any even layer. If necessary, fold longer edges of phyllo over the crustant. Top with another phyllo sheet, one at a time, brushing each sheet with melted butter. Fold over longer edges to fit the pan. Brush top sheet with melted butter. Gently cut into layers of phyllo into 18 squares, being careful not to cut through to make raised edges. (This will make it easier to eat after baking.)
- 3 Bake until phyllo is golden, about 25-30 minutes, checking often toward the end to make sure phyllo doesn't burn. Let cool to room temperature on a wire rack, then cut squares off the way through.
- 4 While golden-brown bakes, cover and store sweetbreads and place in a large bowl. This will maintain 3-4 deg. sugar and remaining 1/2 cup orange juice. No need to drain.
- 5 Serve at room temperature or chilled. Top each square with sweetbreads and sauce.

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Shelton Lynde is a freelance journalist and author.



Add extra enjoyment  
to the day with a special beginning

# BREAKFAST BLISS

BY MARSHA SALAHOFF GREEN  
PHOTOGRAPHS BY MARK FERRI

Celebrating the arrival of spring and its holidays with festive dinners for family and friends is a highlight of the new season. You may serve a multicourse Passover seder or an elaborate Easter feast, but think of the holiday breakfast as an opportunity for something special as well.





SPINACH OMELET  
BREAKFAST POCKET

**SPINACH OMELET  
BREAKFAST POCKETS**  
SERVES 4  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 40 MINUTES

These easy poultry pockets contain veggies, eggs, and cheese and are great for breakfast on the go. Pockets may be filled and assembled the night before serving, refrigerated until ready to bake. The veggies and cheese can be varied; add bacon for a crunchy taste. May be frozen.

- 2 Egg whites (1 divided)
- ½ cup finely-chopped scallions
- 1 (8 oz.) pkg. turkey sausage, crumbled
- 2 Eggs
- 2 Thin, low-fat milk
- ½ tsp salt
- ½ tsp freshly-ground black pepper

- ¼ tsp. nutmeg (optional)
- 1 sheet frozen puff pastry, defrosted
- ¼ cup crumbly grated Gouda or cheddar

1 Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray.



2 Beat 1 cup of the egg in a large resealable zipper bag. Add scallions and nutmeg until combined, then add sausage and nutmeg over medium heat until cooked through, about 2 to 4 minutes. Transfer to a large plate to cool, draining off any liquid. Wipe zipper bag clean.

3 In a small bowl, whisk eggs, remaining egg, 2 Tbsp. of the whisked eggs into a small bowl and set aside. Whisk milk, salt, pepper and nutmeg, if using, and mix into remaining eggs. Heat remaining 1 cup oil in the skillet over medium heat. Add egg mixture and cook, stirring occasionally to scramble until they hold shape and are well cooked. Remove from heat.

4 On a floured surface, roll out puff pastry sheet to about a 12-inch square. Cut into 4 equal pieces. Divide the spinach mixture equally among the 4 squares, placing it in the center of the pastry. Top with egg, then cheese, divided equally. Gather opposite corners on top of filling and stretch dough to cover and then pinch points together. Gather sides two opposite corners on top and pinch together. Pinch together the four seams and place on prepared baking sheet. Brush tops with melted butter + egg.

5 Bake for 12 minutes until golden brown. Cool for 5 minutes. Serve warm.

**APPROXIMATE NUTRITIONAL INFORMATION:**  
4 POKETS (each), per container (each), per recipe  
140 CAL 100 CALORIES, 100 CALORIES, 100 CALORIES,  
100 CALORIES, 100 CALORIES

Whether the filling is savory or sweet, versatile puff pastry is delicious! And Impassioned Once you've enjoyed our newly crafted Gouda Breakfast Pockets, try our next creation. Just imagine your favorite fruit filling, and combine puff pastry pockets by rolling out the puff pastry sheet, and filling and baking it according to the directions in Step 4 above.



Greenhead makes plants that grow for landscaping, bedding, and trailing, and when you buy a plant, we'll tell you what grows best in your garden. You can grow a variety of plants, and you can grow them in pots or in the ground. We'll tell you what to do with them, and we'll tell you how to care for them. We'll tell you how to grow them, and we'll tell you how to use them. We'll tell you how to grow them, and we'll tell you how to use them. We'll tell you how to grow them, and we'll tell you how to use them.

**CARAMELITE MATES UP WITH  
BLISTERING CASCOTE**

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**Abstract**

Over the years, many creative cooks have turned plain macaroni into a blank slate, beginning for the addition of sauce, liquid, eggs, butter — even sugar. The result, macaroni煲, can be a Provencal version of French toast made sweet, as we do here, or savory with meats and vegetables. Try this finished with a healthy marinara.

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- Time points along
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- Longitudinal data analysis

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- 1 Prepare the sauce: In a medium saucepan, combine orange juice, pineapple and honey. While it combines, Add blueberries and cook over medium heat until thick and bubbly about 10 to 15 minutes. Remove from heat and set aside.
- 2 Prepare the waffles: In a thick sauce pan, melt 1 inch pieces and place in a large skillet. When waffles are done, add remaining waffles until all pieces are wet, about 15 seconds. Drain waffles over a plate.
- 3 In a large bowl, whisk together eggs, milk, and oats until combined. Add drained waffles pieces and stir until all pieces are coated.
- 4 In a large skillet, sauté over medium heat, melt butter. Add brown sugar and cinnamon and stir until sugar is melted with the butter and bubbly. Add oatmeal mixture and let sit for about 30 seconds. With a wooden spoon or spatula, move egg coated oatmeal around pan as you would to make scrambled eggs. Cook until eggs are set and slightly moist about 3 minutes. Serve immediately with blueberry sauce on top or on the side.

Applicants must have a minimum of 10 years of experience in the field of public health, including at least 5 years in a leadership position. The successful candidate will be responsible for the development and implementation of public health programs, and will serve as a liaison between the community and the health department. The position is a full-time, permanent position with a salary range of \$45,000 to \$65,000 per year.

Martha Gubhoff-Green is a food writer and author of *Slowly: why slow is better* from Bloomsbury.

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Journal of Internal Medicine 261: 19–28





# Spring Showers

Celebrating a new baby is a great reason to gather friends and family for a picnic party.

BY ANNAH TARTAGLIA PHOTOGRAPHY BY HELEN DUFFY MS

Wager dogs and more versatile tasks are eager to get underway. If you're hosting a baby shower, what better way to celebrate on this season of new life than to throw the party outside? Our recipes are not only ready, portable, they're also prepared ahead of time and can all be made in less than 30 minutes each.

We've replaced the usual hot-baked ingredients with fresher healthier options, toasting the breads lightly to the toaster. This delicious menu is designed to please the palate of everyone at your gathering, so you're celebrating the birth of spring — and the pending birth of a new family member.

## COLE SANDWICHES

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

Cole salad traditionally includes chicken, ham, and blue cheese, along with crisp romaine lettuce, juicy tomatoes and creamy mayonnaise. However, since it's usually finished with a colorful ketchup dressing, it's not exactly healthy in the least bit. This recipe deconstructs the traditional player in an sandwich form, using many healthier ingredients, but replacing them with their lower-calorie counterparts.

- 3 eggs
- 1 Tbsp. white vinegar
- 2 whole wheat 2-inch x 2-inch muffins
- 1 Tbsp. light blue cheese crumbles

- 6 slices turkey ham
- 1 medium tomato
- 1 egg mayonnaise
- 4 or 5 thinly sliced roasted chicken breast
- 1 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- 6 whole roasted buttered rolls or 12 mini rolls

1. Place eggs in a small saucepan. Pour cold water over them until the eggs are fully submerged by 1 to 2 inches. Add white vinegar and a teaspoonful of salt to the water. (The vinegar keeps the egg whites spreading should the shells crack while the salt helps prevent cracking and makes the eggs easier to peel.) Cook and

- bring to a simmer over high heat. Lower heat to maintain a simmer and cook for 6 minutes. Remove from heat and let rest, covered, for 10 more minutes. Run drain and run cold water over the eggs.
2. While eggs cook, heat the broiler. Split English muffins in half and place on a pan. Sprinkle 1 Tbsp. olive oil on each half of the slices. Brush with 1/2 tsp. olive oil and broil for 3 minutes, about 3 to 5 inches. Watch carefully as they cook. Remove from the oven and set aside.
  3. Cook turkey ham on a large sauté skillet, over medium-high heat until crisp, about 5 minutes on each side, turning with a fork frequently. Cook in hot fat if necessary to avoid overcooking.

4. Cook tomato. Cut into 6 slices. Heat eggwhite mayonnaise and cut into 6 half-inch slices. Peel eggs. Cut in half lengthwise and discard yolk or save for another use. Cut chicken into 1/2-inch-thick slices.
5. Assemble sandwiches. Layer chicken on the blue-cheese topped muffin, followed by tomato, eggwhite, tomato, and egg. Sprinkle each with red wine vinegar and olive oil. Close top with tomato and top half of muffin. Insert two toothpicks to keep the sandwiches stable.

APPROXIMATE NUTRITION: PER SANDWICH  
 340 CALORIES, 14G CARBS, 12G PROTEIN, 12G FAT, 10G SATURATED FAT, 10G CHOLESTEROL, 100MG SODIUM

COLE SANDWICHES







100

[illegible]

**Abstract**

Hispanics have made the history of gas cooking the American. This home restaurant uses the pressure cooker both smart and money-savvy. This recipe offers guests a delightful meal that doesn't require coffee.

[illegible]

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level. Since results 1-3 imply that the major changes in composition and size will take place during the first 10 years, it is likely that there will be no change of composition in the future.

3. Take 2 sheets of plastic or window flannel the remainder powered with a damp cloth. Spray the top and one sheet with coating spray and lay the other sheet on top, then fold the two sheets together to half lengthwise (so you have a layer twice as long, then about 4 to 5 inches wide by 15 to 20 inches long, depending on the size of the phloem sheets). Repeat with other phloem sheets.
4. Use a standard square-hole filing among the phloem sheets. Try to fill exactly the bottom, leaving the joints behind. Place between the two left side of the rectangle. Fold the plastic from the left corner over the filing in an angle, leaving a triangle shape on the left with the rest of the phloem pieces on the right. Keep folding the triangle across over to the right 3 to 4 more times depending on the length of all the filing is coded into the piece. The final shape should be a triangle.
5. Place pins on prepared backing sheet. Spray surface of each with coating spray like mentioned in 3. Top, repeat with crown and separate each surface of glass. Take small pieces (1.5 to 1.5 minutes). Remove and allow pins to cool a few minutes before working. Leave wires in a more appropriate. Unfolded piece with a connection to the side.



ATTENDING PHYSICIAN: DR. JAMES  
STEWART, MD, CLINICAL PROFESSOR  
OF MEDICINE, UNIVERSITY OF  
SOUTHERN CALIFORNIA, LOS ANGELES

little ingredients  
**THAT GO A LONG WAY**



sunflower seeds



quinoa



black beans



eat **POSITIVE™**

**Kashi**  
www.kashi.com

# Hot Stuff

Space up your meals with chili peppers

BY MATTHEW KADLEY, MS, PhD (FOOD & NUTRITION) AND MALE (JOSH)

From Africa to Asia to Latin America, chili peppers are ubiquitous, making them one of the world's most consumed foods, long cherished for the heat and flavor they lend to dishes.

Whether it's warm piquette in scorching habaneros, chili peppers give dogs (especially large-breed dogs) exposure to a compound (capsaicin) predominantly in the seeds and inner membranes. A growing body of research suggests that including your meals, soups, and salsas with capsaicin provides some impressive health benefits. For starters, higher intakes of capsaicin may help speed weight loss by boosting calorie-burning metabolism and reducing appetite, which could put the brakes on overeating. Some research suggests they may lower cholesterol and inflammation.

More proof that capsaicin is nutritional hot stuff comes from data suggesting that it can assist in fasting the growth of cancerous cells. So there has never been a better time to spice up your meals with our get-into-whole-body-in-hot-weather.

## FISH TACOS WITH CHIPOTLE YOGURT SAUCE ★

SERVES 4  
ACTIVE TIME 15 MINUTES  
TOTAL TIME 30 MINUTES

These poached fish tacos offer a much higher alternative to the processed food version and come together quickly, making them perfect for burned weeknights. Chipotle peppers are dried and smoked red jalapeños. In cans, they are packed with a lively sauce (most called adobo) and make a smoky-savory addition to meats, salsas, chilis, and soups. Chipotle packs a punch. Recipe may be halved.

- 1 cup plain low-fat Greek yogurt
- ½ cup coarsely shredded
- ½ cup canned chipotle chili pepper (in adobo sauce, drained) or 10 fresh
- 1 cup grated cheddar
- 1 Tbsp fresh lime juice
- ½ cup oil
- 1 cup finely sliced pineapple
- 2 plum tomatoes, seeded and sliced
- 1 medium carrot, sliced
- 2 scallions, thinly sliced
- 1 ½ cups cheddar
- 4 corn tortillas
- 2 cups salsa (recipe)

1. In a medium bowl, mix together yogurt, cheese, chipotle pepper, lime and oil. In a separate bowl, combine pineapple, tomatoes, carrot and scallions.
2. Place chips and 5 cups water in a large soup pot over medium heat. Bring to a very slight simmer with just a few bubbles breaking the surface and cook until fish is cooked through (about 3 to 5 minutes after the simmering begins). Adjust heat as needed during cooking to maintain the simmer and shut off any flame that forms. Remove fish with a slotted spoon and gently break open the fish with a fork.
3. While fish cooks, cook scallions on a plate and heat in microwave for 30 seconds. Place 2 tortillas each on 4 plates. Divide salsas among the 8



## GUIDING STARS KEY

- ★ = good nutritional value
- ★ ★ = better nutritional value
- ★ ★ ★ = best nutritional value

## GUIDING STARS®

### Nutrition Choices Made Simple®

Guiding Stars® is a voluntary program that lets you quickly tell how a product on our shelves fits in line of our to-do list: stack up foods that work with the goal, nutritional value for the calories. One star is good, two is better, three is best. So fast before the stars get under stepping and healthier cooking.

Combine them up with baked fish, pineapple, tomatoes, and chipotle yogurt sauce. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 20g CARBOHYDRATE, 20g PROTEIN, 10g FAT, 10g SODIUM, 10g FIBER, 10g SUGAR, 10g FIBER.



CHICKEN WITH BERBERE CHILI  
MOROCCO SALSA 4-6  
SERVES 4  
ACTIVE TIME 25 MINUTES  
TOTAL TIME 35 MINUTES

The searing chicken peppers are a reminder of more potent varieties of the jalapeño. Its signature bite only serves to elevate this dish into a lively salsa. Tossing greens such as spinach before incorporating in liquid ensures them while maintaining easy flavor. Recipe may be halved.

- 1 cup mango, diced
- 1 cup tomatoes, diced
- 1 set bell pepper (any color)
- 1/2 cup fresh dill and mint
- 1 serrano chili pepper, seeded and minced
- 1 cup extra-virgin olive oil
- 2 tsp. ground cumin
- 3 Tbsp. orange juice
- 1/4 cup salt
- 1 cup corn
- 1 cup, dried thyme
- 2 cups water
- 1 Tbsp. garlic oil
- 4 (10-oz.) chicken breasts (chicken orzo)
- 1/2 cup salsa (to garnish)

- 1. Prepare the salsa. In a medium bowl, mix together mango, tomatoes, bell pepper, onion, serrano chili, dill and mint, and juice. Add salt to taste. (May be prepared 1 day in advance; stored in an airtight container in the fridge.)
- 2. Set aside for the chicken to cook as you prepare the quinoa.
- 3. Place quinoa in a medium saucepan and cook over medium heat until fragrant and beginning to pop, about 4 minutes, shaking the pan occasionally to prevent burning. Add thyme and water. Bring up a boil, reduce heat and simmer, covered, until quinoa is tender and water has absorbed, about 13 to 15 minutes.
- 4. Meanwhile, in a large skillet, heat oil over medium-high heat. Cook chicken, turning once halfway, until no longer pink inside and an internal temperature reaches 165°F (about 5 minutes per side). Remove



CHICKEN WITH BERBERE CHILI MOROCCO SALSA

## PAIN-O-METER

Many types of pain can be easily relieved with peppers. In fact, peppers are a great, pain-relieving natural "analgesic" for "everyday" to "everyday" pain. In fact, peppers are so hot that they can be used to relieve pain in the joints, muscles, and skin. And, peppers can be used to relieve pain in the joints, muscles, and skin. And, peppers can be used to relieve pain in the joints, muscles, and skin.

### SPICY

- chili
- cayenne
- habanero
- serrano
- jalapeño
- ancho
- chipotle
- guajillo

### MILD

- jalapeño
- ancho
- chipotle
- guajillo

### VERY HOT

- habanero
- serrano
- jalapeño
- guajillo

from heat and slice thinly across the pan.

4. To serve, divide quinoa among 4 plates. Top with chicken slices, salsa, and mix sprigs of dill.

SPICY PEPPERS CAN BE USED TO RELIEVE PAIN. IN FACT, PEPPERS ARE A GREAT, PAIN-RELIEVING NATURAL "ANALGESIC" FOR "EVERYDAY" TO "EVERYDAY" PAIN. IN FACT, PEPPERS ARE SO HOT THAT THEY CAN BE USED TO RELIEVE PAIN IN THE JOINTS, MUSCLES, AND SKIN. AND, PEPPERS CAN BE USED TO RELIEVE PAIN IN THE JOINTS, MUSCLES, AND SKIN.

Year	1990	1995	2000
1990	1990	1995	2000

**Abstract**

**Keywords:** child sexual abuse; disclosure; social support

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

**Integration:** Indicate the magazine-based page number in the text.

- 1) *examine* → play whole school games
- 2) *the* → school
- 3) *check* → see how proper / fairly played
- 4) *the* → the school / the proper / fairly played
- 5) *one* → one school / one proper / fairly played
- 6) *was* → was played
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- cup: submicroscopic effect of
- effect: cell-to-cell interactions (strand and strand)
- strand: forces for particle separation
- cup: united phenomena (forces for particle separation)

1. Bring a large pot of water to a boil over high heat. Add peas and cook until just done, about 9 minutes. Remove to a colander, shaking with clean hands, and drain to dry.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add bell peppers and onion and just cooking about 2 minutes.
3. Prepare the peas: Place vegetable broth, salt, pepper, lemon juice and oil in a food processor and pulse until evenly mixed. With the machine running, pour olive oil through the feed tube and process until combined.



4. Add peppers, onion, olives, and reserved cooking water in pan with pasta and toss to combine. Serve, garnished with additional olives and Parmesan if desired.

**APPROPRIATE INTERNATIONAL REGULATIONS REGARDING**  
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*Miller*

# FORTUNE.

YOUR FORTUNE AWAITS.



# One Technique, Many Meals

Add variety to your culinary repertoire with a new skill

BY CATHERINE WALTHERS PHOTOGRAPHS BY ANDREW COBB

**O** can you learn a good technique that's so useful to stay at our recipe. With a few towels and some well-chosen products, one recipe becomes many, making it easy to add variety to family meals. We offer three cooking techniques with unique recipes plus ideas for using each technique to create other dishes, enhanced with our Taste of Inspiration™ and Natural Place® products.

## Technique 1: Poak in Parchment

Parchment paper is typically used to line baking sheets to keep baked goods. Usually cooked from side-to-side to the pan, it has also been used as a method of cooking—the French call it *en papillote*. It works brilliantly with quick-cooking, seared or sautéed items: the moisture from the food "soak" and any added moisture from water, stock, or a marinade, steams and infuses the food. With this easy technique, you'll get a moist, flavorful piece of fish every time.

And when baking fish inside a sealed piece of parchment, you can also turn it a few vegetables to cook with it, making the dish more of a meal-in-one. Baking in parchment also minimizes cleanup. While fish can be served parchment paper is preferable because it can resist an extra seasonings and other acidic foods.

**WATER BUTTER  
LEMON GARLIC FLOUNDER**  
SERVES 4  
4 (10 1/2" x 16 1/2") sheets of 100%  
100% THERMOMAX 100% THERMOMAX

Each individual piece of fish is topped with butter, baked in a lemony sauce, and wrapped like a package in parchment paper. The parchment seals in the flavors and creates a moist and easy piece of fish. This dish goes well with rice, stir-fry, or beans, and recipe may be halved.

- 4 (10 1/2" x 16 1/2") sheets of 100% THERMOMAX
- 1 cup chopped tomatoes, 1 (100% Organic Onion)
- 4 egg whites
- 1 (100% Organic) Lemon Juice, 1 (100% Organic) Olive Oil
- 1 (100% Organic) Lemon Juice, 1 (100% Organic) Olive Oil
- 1 (100% Organic) Lemon Juice, 1 (100% Organic) Olive Oil

2 (100% Organic) Lemon Juice, 1 (100% Organic) Olive Oil

10 (100% Organic) Lemon Juice, 1 (100% Organic) Olive Oil

1. Preheat oven to 375°F. Have ready a baking sheet. Tear off 4 pieces of parchment paper, each about 18 or 17 inches long. Line up sheets in a row, so you can top them all neatly with.

2. Place a piece of fish in the middle of each paper. Top each fish in the order: 1. Top with 1 cup of water, a portion of olive oil, a slice of lemon, and 1 cup tomato. Divide the ingredients in each packet with 2. Top all the tomatoes.

3. To wrap, fold over the top and bottom of each piece of parchment and line up the edges of the parchment paper horizontally. Fold the parchment paper once and cross it well. Fold down against the fish. Fold each flap under the fish to create a packet so it seals the packet well.

4. Place the packets on the baking sheet and bake until fish is cooked through about 15 to 18 minutes depending on the thickness of the packet. Check one packet to see if it is cooked.

5. To serve, place packets on 4 plates and let them each open their own.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING**  
PER 100g (3.5 oz) (100% ORGANIC) (100% ORGANIC) (100% ORGANIC)  
PER 100g (3.5 oz) (100% ORGANIC) (100% ORGANIC)  
PER 100g (3.5 oz) (100% ORGANIC) (100% ORGANIC)

Try this technique of cooking in parchment with other seafood varieties, like salmon, shrimp, and snapper, as well as vegetables, chicken, and beef.



Q

- I made steamed asparagus with lemon butter for a dinner party, but I noticed that the stalks were chewy and some people ate only the tips. Am I missing something?

PETER DECK  
+2012.03.10

A:

The entire spear will be just as tender as the tip if you use the same technique (the lemon butter layer). This easy step avoids missing any edible part of this beautiful vegetable. First, remove and discard the woody white part at the bottom of the stalk. Then, cooking the entire spear with oil (the darker green part), use a vegetable peeler to remove the outer layer of skin from the lower three quarters or so of the stalk. Not only will you enjoy every bite of this delicious vegetable, it will look better on the plate.

Q

- I'm hoping you can solve a dilemma I have going on:  
• something I've considered about for years, which is the relative cost of a bag of high-microwave "popcorn."  
"The numbers tend to confirm. It has varying rates of "unpopped" and "popped"—and that's quite a big difference. I was



thinking the popped was higher because of the oil and such in the bag that are all basically not consumed. But I'm not sure. And who was it at the "unpopped" end?"

Bottom line: what's the pop a bag and you're all, what's the relative cost? Are we looking at? Thanks for any clarification on this!

GERALD FRANK  
+2012.03.10

A:

Our Registered Dietitians are happy to field questions like this from Harvard shoppers. We thought many readers would be interested in the response about this popular snack. Thanks to Harvard Health's Kim Lindsey, MPH, RD, LD, for providing the answer: each 2.8-oz. bag of popcorn yields approximately 11 cups of popped corn. Each popped cup has 23 calories, so each popped bag provides around 253 calories.

## Healthy Living

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★ ★ ★ ★ ★	Grange-Roasted Kale Salad with Lemon Vinaigrette	41
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★ ★ ★ ★ ★	Lentil and Spinach Meatloaf	41
★ ★ ★ ★ ★	Maple-Braised Asparagus with Orzo Shells	44
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★ ★ ★ ★ ★	Crispy Chicken Cakes	43
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Healthy Living



Healthy Living



Healthy Living



includes a recipe that served 10-12 people.  
includes a recipe that served 10-12 people.  
includes a recipe that served 10-12 people.  
includes a recipe that served 10-12 people.



**Table 1**



# fresh magazine

## celebrates 10 delicious years

Help us celebrate the 10th anniversary of fresh magazine and you'll be entered for a chance to win a \$500, \$250, or \$50 Hannaford Gift Card!



We're asking readers to tell us their favorite recipes from *fresh* — the most popular recipes will be included in a special *Best of Fresh* cookbook edition, to be published in October 2014.

We hope you'll nominate your favorite recipe(s) — from any issue of *fresh* — for a spot in the *Best of Fresh* cookbook. To participate just send us the name of the recipe(s) by May 1, 2014. You may nominate one recipe or as many as you want, and everyone who participates will be entered in a drawing to win a Gift Card.\*

Send your favorite recipe nominations to [freshmagazine@hannaford.com](mailto:freshmagazine@hannaford.com), and be sure to include your name, address, and phone number.

\*One entry per person. Recipe nominations must be received by May 1, 2014. Three prize draws will be held in a random drawing. First prize is a \$500 Hannaford Gift Card, second prize is a \$250 Hannaford Gift Card, third prize is a \$50 Hannaford Gift Card. Winners will be notified by June 30, 2014.



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1 packet  
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Sweetness of  
2 tsp sugar

$\frac{1}{4}$  tsp  
nectresse

Sweetness of  
1 tsp sugar





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### BREAKFAST BLISS

Start your holidays with a special morning meal  
By Monica Salas-Green

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Photograph by Mark Ford

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### POWER FOOD

## mint

THE KING OF FRESH MINT is a sensation appreciated the world over. Though it's commonly associated with Middle Eastern and Mediterranean cuisines, there are many sorts of mint, but the two primary culinary varieties in the U.S. are spearmint and peppermint. Spearmint is more typically used as a sweetener (think bubble gum, sugar-free peppermint, mint tea, etc.), while mint from peppermint, and all other mints, are the ingredients used in medicines. There are lots of other types of mint, and this herb makes a great addition to many foods and drinks.

—Jill Johnson, MS, RD

## fresh news about mint's health benefits

**PEPPERMINT, WHICH CONTAINS** the chemical menthol, has traditionally been the most used for medicinal purposes, while spearmint is typically used for flavoring. Peppermint tea is frequently recommended for soothing cold symptoms, sore throats, and stomach cramps. Peppermint oil helps relax the gastrointestinal tract prior to medical procedures. Applied topically, peppermint oil also may help with tension headaches. As for the fresh leaves, they make a great tea that can soothe and refresh. Other medicinal uses are still being studied.



